

## **Veteran and Military Caregivers**

If you are a family caregiver for a Veteran or active-duty servicemember, it's important to ensure that you and your family receive any needed supports and services. Explore programs that can provide or help coordinate behavioral health, rehabilitation, and family support services.

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Article

## **Caregiving Youth Shine**

Caregiving youth received a national platform on the TODAY Show with Maria Shriver, marking a crucial step towards greater recognition and support for these young people. The American Association of Caregiving Youth (AACY) and Kesem, a leading organization for children of cancer patients, teamed up for this appearance.

Article

## **Disaster Assistance and Resources for Veterans**

It's important for Veterans and their families to know that the VA is here to help in the wake of a disaster.

Source

[VA News](#)

Article

## **VA Resource Navigator: Finding VA Resources**

Veterans often have questions about VA services and benefits. Whether they have recently exited military service or have been separated for years, VA is here to help Veterans navigate benefit entitlements and take an active role in their health care.

Source

## **The Sandwich Generation**

Sandwich Generation Caregivers find themselves squeezed in between caring for younger loved ones such as children, and their elder parents or other elder family members. While the Sandwich Generation is not a new form of family caregiving, there have been recent efforts to address the needs of these caregivers.

Source

[Today's Caregiver](#)

Article

## **Keeping Your Marriage Strong While Caring for a Parent**

Overcome the challenges of caring for a parent while keeping your marriage strong. Learn to set boundaries and enlist some extra help.

Source

[AARP](#)

Books & Guides

## **Take Control in 1, 2, 3: Disaster Preparedness Guide for Caregivers**

As a family caregiver, you are one of 53 million Americans caring for someone older, ill, or disabled. Those in your care depend on you for their safety and well-being—especially during emergencies.

Source

[Rosalynn Carter Institute for Caregiving](#)

Article

## **VA Home and Community Based Services**

There are a range of VA home and community-based services to support eligible Veterans and their Caregivers.

Source

[U.S. Department of Veterans Affairs](#)

Links

## **Alzheimer's Association Caregiving Resources**

Source

[Alzheimer's Association Caregiving Resources](#)

Books & Guides

## **AARP Family Caregiving Guide**

The Family Caregiving Guide is a practical tool to help you care for your family member or close friend. You'll find information, resources and checklists to help you get organized and find the support that you might need.

Source

[AARP](#)

Article

## **Sharing Your Family Story**

Research has shown that there are psychological benefits to family story telling, particularly with the younger generation, but the advantages last through all stages of life. Here are some ways to share your family stories.

Source

[Indiana State Library Blog](#)

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